## CLAIMS

What is claimed is:

## 1. A baby blanket, comprising:

a pouch portion having an opening, and wherein the pouch portion has a left side and a right side;

a back portion that extends upward from the pouch portion, the back portion having a left side that extends upward from the left side of the pouch portion, the back portion having a right side that extends upward from the right side of the pouch portion;

a first arm extension portion that has a first side, a second side and a third side, the first side extending to the left from a location A on the left side of the pouch portion, the second side extending to the right from a location B on the left side of the back portion; and

a second arm extension portion that has a first side, a second side and a third side, the first side extending to the left from a location C on the left side of the pouch portion, the second side extending to the right from a location D on the right side of the back portion.

- 2. The baby blanket of Claim 1, wherein the opening is defined in part by a rim of the pouch, the rim extending substantially in a lateral dimension, wherein the location A on the left side of the pouch portion is disposed at least two inches below the rim, and wherein the location C on the right side of the pouch portion is disposed at least two inches below the rim.
- 3. The baby blanket of Claim 2,

wherein the third side of the first arm extension extends from the location A on the left side of the pouch portion upward to the location B on the left side of the back portion, and wherein the third side of the first arm extension is at least eight inches long, and

wherein the third side of the second arm extension extends from the location C on the right side of the pouch portion to the location D on the right side of the back portion, and wherein the third side of the second arm extension is at least eight inches long.

- 4. The baby blanket of Claim 1, wherein the baby blanket is laying flat with the opening in the pouch portion collapsed, such that the first arm extension is laying flat and extending to the left from the pouch portion, and such that the second arm extension is laying flat and extending to the right from the pouch portion.
- 5. The baby blanket of Claim 1, wherein the back portion and the pouch portion are formed from a single piece of fabric.
- 6. The baby blanket of Claim 1, wherein the back portion, the first arm extension portion and the second arm extension portion are formed from a single piece of fabric.
- 7. The baby blanket of Claim 1, wherein the first arm extension tapers as it extends to the left, and wherein the second arm extension tapers as it extends to the right.
- 8. The baby blanket of Claim 1, wherein further comprising:

a hood portion, the back portion extending upward and terminating in the hood portion.

- 9. The baby blanket of Claim 1, further comprising: means for constricting the opening.
- 10. The baby blanket of Claim 1, wherein the pouch portion has a depth, the baby blanket further comprising:

  means for adjusting the depth of the pouch portion.
- 11. The baby blanket of Claim 10, wherein the means includes a first portion and a second portion, wherein the first portion is detachably connectable to the second portion, the first portion extending from an inside bottom surface of the pouch portion.
- 12. The baby blanket of Claim 11, wherein the second portion is connected to one of the back portion and the pouch portion, and wherein the depth of the baby blanket can be reduced by connecting the first portion to the second portion.
- 13. The baby blanket of Claim 1, wherein the baby blanket is laying flat with the opening in the pouch portion collapsed, and wherein the pouch portion has a substantially semicircular bottom side that extends from the first side of the pouch portion to the second side of the pouch portion.
- 14. The baby blanket of Claim 1, wherein the opening of the pouch portion has an adjustable circumference, and wherein the pouch portion has an adjustable depth.

15. The baby blanket of Claim 1, further comprising: a pocket disposed on the back portion.

- 16. The baby blanket of Claim 1, wherein the back portion extends upward from the pouch portion a distance of at least six inches.
- 17. A baby blanket that is operable with a front-worn baby carrier, the front-worn baby carrier being worn by a person, the front-worn baby carrier containing a baby, the front-worn baby carrier having a front side that faces the person, the front-worn baby carrier having a back side that faces away from the person, the baby blanket comprising:
- a pouch portion that contains at least a portion of the legs of the baby;
- a first arm extension portion that extends from the pouch portion, wraps around at least a portion of the front-worn baby carrier such that the first arm extension portion passes between the person and said portion of the front-worn baby carrier; and
- a second arm extension portion that extends from the pouch portion, extends between the front-worn baby carrier and the person, such that the second arm extension portion passes between the person and at least a portion of the front-worn baby carrier, the first arm extension portion and the second arm extension portion crossing over one another at a location between the person and the front-worn baby carrier, and wherein the first and second arm extension portions are detachably connected on the other side of the front-worn baby carrier with respect to the person.

18. The baby blanket of Claim 17, wherein baby blanket has a back portion that extends upward from the pouch portion and that terminates in a hood, the hood facing inward toward the person when the hood is covering the head of the baby, and wherein the pouch portion has an opening into which the legs of the baby extend, the baby blanket further comprising means for adjustably constricting the opening around the baby.

19. A method for covering a baby with a blanket, the baby being carried in a front-worn baby carrier, the blanket having a pouch portion, a first arm extension portion and a second arm extension portion, the pouch portion having a first mechanism for constricting an opening of the pouch portion, the pouch portion having a second mechanism for adjusting a depth of the pouch portion, the method comprising:

using the second mechanism to adjust the depth of the pouch portion;

slipping the pouch portion up around the legs of the baby such that the legs of the baby extend into the pouch portion through the opening;

using the first mechanism to constrict the opening around the baby;

wrapping the first arm extension portion around the baby carrier such that the first arm extension portion extends between a person wearing the baby carrier and at least a portion of the baby carrier;

wrapping the second arm extension portion around the baby carrier such that the second arm extension portion extends between the person and at least a portion of the baby carrier; and

detachably coupling the first arm extension portion and the second arm extension portion together at a location on the opposite side of the baby carrier with respect to the person.

20. The method of Claim 19, wherein the pouch portion, the first arm extension portion and the second arm extension portion comprise fleece material, wherein the first arm extension portion has a substantially triangular shape, wherein the second arm extension portion has a substantially triangular shape, and wherein the first and second arm extension portions are detachably coupled together by tying the first and second arm extension portions together.